



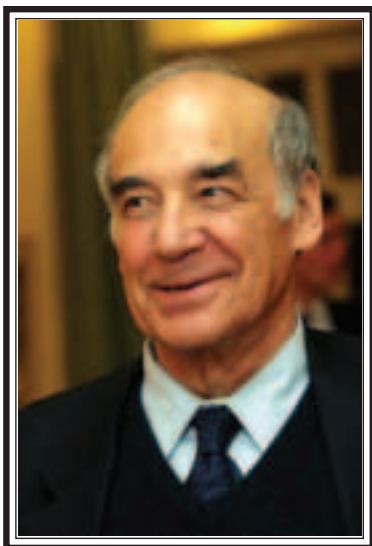
Friendship Heights

VILLAGE NEWS

AUGUST 2006

301-656-2797

VOLUME 21, NO. 3



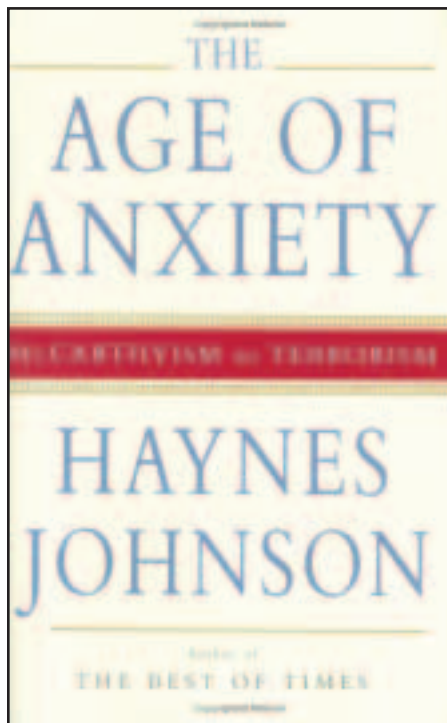
Bamberger Series presents Haynes Johnson

Haynes Johnson, Pulitzer Prize-winning journalist, best selling author, and television commentator, will speak at the Village Center on **Thursday, Sept. 7, at 7:30 p.m.**

Mr. Johnson has reported on virtually every major national and international news event in the past five decades, including the activities of every President from Dwight D. Eisenhower to Bill Clinton. He joined the Washington Post in 1969 and served as a national reporter, assistant managing editor, and a national affairs columnist. He appears regularly on the PBS-TV program *Washington Week in Review* and *The NewsHour with Jim Lehrer*.

In 1966 Mr. Johnson won the Pulitzer Prize for distinguished national reporting of the civil rights struggle in Selma, Alabama. He is the author of eleven books and will discuss his most recent one, *The Age of Anxiety: McCarthyism to Terrorism*.

Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.



Legendary leading ladies in concert

Join us for an unforgettable evening of music when we attend the season opener at the Clarice Smith Performing Arts Center at the University of Maryland on **Friday, Sept. 8.**

Marilyn Horne, incomparable leading lady of the Metropolitan Opera, and Barbara Cook, one of musical theater's brightest stars, perform a concert entitled "Just Between Friends — Selections from the American Songbook." The diva duo, with careers spanning several decades, pair up for an evening of dazzling music.

We will leave the Village Center at 6:15 p.m. and return around 11 p.m. The cost of the trip, which includes an Orchestra seat, transportation, and driver gratuity, is \$62. Residents may sign up immediately; nonresidents may sign up August 15. There are 24 spaces available.

Read about Value Village on page 13

CHILDREN'S PROGRAMS

Story Time celebrates summer

Celebrate the joys of summer a little longer when local actress and singer Barbara Papendorp returns to Saturday Story Time at the Village Center on **Aug. 19, from 10:30 to 11:30 a.m.** This time she'll share the story of *The Berenstain Bears by the Sea*.

The program is designed for children, 3 to 8, but all are welcome. Children must be accompanied by a parent, grandparent or guardian. There's no charge, but please let us know if you plan to attend by calling the Village Center at 301-656-2797.

Tasty talk from Phyllis Richman

Phyllis Richman, award-winning food critic of *The Washington Post* for more than 23 years, will talk about her career as restaurant reviewer and novelist at the Village Center on **Thursday, Aug. 3, at 7:30 p.m.**

Ms. Richman wrote a dining column, annual dining guides, and food features for nearly every section of the newspaper while at the Post and also served as food editor for eight years. She is author of three novels, *The Butter Did It*, *Murder on the Gravy Train*, and *Who's Afraid of Virginia Ham?*

Please sign up for this lecture by calling 301-656-2797.

It's not too late for the beach

A few spaces remain for our trip to Rehoboth Beach on **Thursday, Aug. 24**. Take a stroll on the boardwalk, enjoy a seafood lunch or just take in the sea air. You may choose to spend the day exploring the Tanger Seaside outlet center along Route 1. We'll take you to the beach, then you're free to choose your itinerary.

We'll leave the Village Center at 8 a.m., arriving in Rehoboth in time for lunch on your own. We'll return to the Village Center around 7:30 p.m. The cost of the trip is \$40. Sign ups begin immediately. Nonresidents may sign up Aug.10.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the September issue is August 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Advertising

Jennie Fogarty
Staff Writer

Susan C. Zarriello
Page Design/Layout

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White
Mayor

Robert M. Schwarzbart
Parliamentarian

Maurice Trebach
Chairman

Leonard Grant

Leonard E. Mudd
Vice Chairman

Elizabeth Demetra Harris
Secretary

Alvan M. Morris
Treasurer

VILLAGE MANAGER

Julian P. Mansfield

Estate Planning and Tax Center

**Law Offices of Binstock, Torchinsky
and Associates, P.C.**

**The Barlow Building
5454 Wisconsin Avenue, Suite 1340
Chevy Chase, MD 20815
301-657-5555**

Creative Strategies for Preserving Your Wealth

**Wills, Trusts, Probate, Charitable Planning, Tax Matters
50 years of combined experience**

Each partner is a Lawyer and CPA

**Complimentary Consultation
for Our Friendship Heights Neighbors**

Visit our website at www.binstocktorchinsky.com



FLOYD J. COLLINS
REALTOR®-Associate

**20 Chevy Chase Circle, NW
Washington, DC 20015
Office: (202) 363-9700
Res: (202) 654-7515
Office Fax: (202) 364-0161
E-Mail: FloydJC@aol.com**



ON the GO...

Washington on wheels

Anthony Pitch, award-winning author and Smithsonian tour guide, returns to the Village for another anecdotal history tour of Washington on **Thursday, Sept. 21.**



On this trip, Mr. Pitch will combine highlights from his popular sightseeing tours and will include stops at the White House, the Archives, Capitol Hill, Iwo Jima, and Georgetown. This educational and very entertaining lecture on wheels is full of anecdotes, stories, and little-known history. You'll see the homes of the famous and infamous and sites of historic events.

We will leave the Center at 1 p.m. and return at 3 p.m. The cost of the tour is \$35. There are 25 space available. Residents may sign up immediately; nonresidents may sign up August 21. *Please note: the tour does not include interior visits. There is no restroom on the bus and we do not get off the bus at all during the tour.*

Driver safety program at the Center next month

The AARP Driver Safety Program is the nation's first and largest classroom driver refresher course designed for drivers age 50 and older. The eight-hour course helps drivers refine existing skills and develop techniques. Upon successfully completing the course, graduates may be eligible to receive a state-mandated discount on their auto insurance premiums.

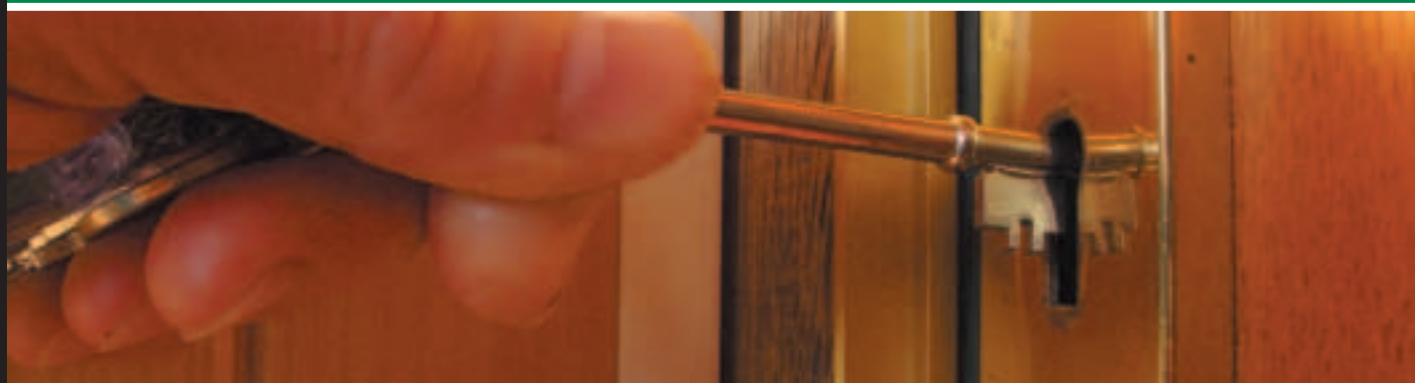


The course will be offered **Friday, Sept. 22 and Friday, Sept. 29, from 10 a.m. to 3 p.m.** at the Village Center (students must attend both classes). The cost is \$10 and

checks should be made out to AARP. Students must bring to class with them their driver's license and a ballpoint pen. Register at the Village Center.

NANCY MELLON REALTY

has been unlocking doors in Friendship Heights for over 20 years...



If you are buying or selling your home, you want the best. So call the first "Friendship Team" located in the center of Friendship Heights in the Willoughby.

4500 N. Park Avenue
Suite 804N

301-951-0668

An excursion to the Amish Market

Join us for a trip to the Dutch Amish Market in Germantown on **Thursday, Aug. 10**. If you have visited the market before, you are aware of the wonderful fresh products and tempting selections that await you. If you haven't been before, join the fun! There is a delicious choice of meats, eggs, cheeses, veggies, baked goods, flowers, herbs and crafts. A restaurant is located on site where you can enjoy a leisurely lunch (not included). The trip wouldn't be complete without a stop at the Dollar Store which we'll do before leaving for home. You'll be amazed at the variety of items available for just one dollar.

We'll leave the Center at 11 a.m. and return by 3 p.m.

The price for the trip is \$17 for transportation—lunch is on your own.



*Lady
Elizabeth*
HAIR DESIGN

(301) 652-7767

4601 N. PARK AVE.
CHEVY CHASE, MD

HOURS
DAILY TIL 6, THURS. TIL 9
SUN. 9-4

Gordon & Pamela King

Long & Foster Realtors

Direct-301-417-9200

Indirect-240-497-1700

Your Chevy Chase Condo Experts



Our web sites enable you to visit all the condo buildings in Chevy Chase.

See all properties for sale.

Receive custom email notifications of properties you are interested in seeing as they go on the market.

Locate school boundaries.

We happily offer free market analysis of your home.

See how we get you more money

Friendly, Service Oriented, Realtors
See all condos and other properties for sale by all Realtors at our web sites:

www.chevychasecondo.com

www.willoughbycondo.com



Reporting from and out of the Green Zone in Iraq

Washington Post reporter Anthony Shadid writes about a side of the war that Americans have heard little about. His beat, for which he won a Pulitzer Prize, is the territory outside the Green Zone; the Iraqi streets and ordinary Iraqis during wartime. He will discuss his book, *Night Draws Near*, which tells the story of the runup to the war, the invasion, and its aftermath through Iraqi eyes, at the Village Center on **Thursday, Sept. 14, at 7:30 p.m.**

Mr. Shadid won the Pulitzer Prize for International Reporting in 2004. His fluency in Arabic and his understanding of Arab culture have given him uncommon access to and a great empathy for the people whose stories he tells. Please sign up in advance by calling the Village Center at 301-656-2797. Copies of the book, provided Politics and Prose Bookstore, will be for sale.

Your home is in the
neighborhood. Shouldn't your
Home Equity Line be, too?

Save with Prime minus .50% and no closing costs* at Washington's Hometown Bank.

If you want a great way to borrow, there's no reason to look beyond your neighborhood bank. The great rate on National Capital Bank's Home Equity Line of Credit makes it the sensible way to pay for home improvements or major purchases. Call or stop in today.



THE NATIONAL CAPITAL BANK
OF WASHINGTON

316 Pennsylvania Avenue, SE, Washington, DC 20003 • 202-546-8000
5228 44th Street, NW, Washington, DC 20015 • 202-966-2688

www.NationalCapitalBank.com

*Prime refers to "Prime Rate" as published in The Wall Street Journal. As of December 16, 2005, the APR for NCB's HELOC was 6.75%. The APR varies monthly; the maximum APR is 18.00%. To qualify for the no closing cost offer, customers are required to keep their account open for three years. Closing costs generally total between \$749.00 and \$1,400.00 and do not include required homeowner's insurance.





Maryland Couples Must Act NOW

***Learn How to Avoid the "Death Tax Penalty"
for Residents of Maryland***

***Learn About the New solution just enacted
by the Maryland Legislature on May 2, 2006***

Who Should Attend? Married Couples with Assets over \$1 Million Dollars Who Reside in Maryland

WHEN

Tuesday, August 15, 2006

☐ 1:00 p.m. to 3:00 p.m.

or

Thursday, August 17, 2006

☐ 6:30 p.m. to 8:30 p.m.

Light Refreshments Served

WHERE

**Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815**

OUR FACULTY

**Shelton M. Binstock, Attorney and CPA
David B. Torchinsky, Attorney and CPA**

**Professionals with more than fifty years
combined experience in estate planning and
tax-saving strategies**

OUR FIRM

**The Law Offices of Binstock, Torchinsky
and Associates, P.C.
The Barlow Building
5454 Wisconsin Avenue, Suite 1340
Chevy Chase, Maryland 20815**

**Visit our website at
www.binstocktorchinsky.com**

In This Workshop You Will Learn How To:

- **Escape the Maryland \$100,000 "Estate Tax Trap"**
- **Update your estate plan to fully utilize the brand new "Maryland Marital Deduction"**
- **Leave IRAs and 401(k)s to your family the correct way and prevent huge mistakes that could cost your family dearly.**
- **Protect your family from lawsuits, creditors and divorce**
- **Avoid the new HIPAA medical privacy restrictions for family members**

Seating is Limited

**Reserve Your Space Today
Reservations are Required by**

August 11, 2006

**For Reservations
Please Call
301-657-5555**

PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy fresh popcorn during these free presentations.

Thursday, Aug. 3, 7:30 p.m. — No Movie. Phyllis Richman talk. See page 2 for details.

Thursday, Aug. 10, 7:00 p.m. — Glory Road. A true-life story of a basketball team who broke down the barriers while racking up victories is the basis of this drama. Don Haskins, played by Josh Lucas, was a high school and college basketball star, who becomes the head coach of Texas Western University in 1962. At that time, Texas Western's basketball program was not well respected, but Haskins' is determined to change that. Haskins creates a team comprised entirely of African-American athletes at a time when racially integrated teams were still a novelty in the South and West. Despite generating a firestorm of controversy, Haskins and his players showed they could succeed. In post-season play Haskins and the Texas Western team found themselves competing for the NCAA champion-

ship against the University of Kentucky's all-white team. Also stars Jon Voight and Derek Luke. Rated PG. Running Time: 117 minutes.

Thursday, Aug. 17, 7:00 p.m. — Café Muse. See page 14 for details.

Thursday, Aug. 24, 7:00 p.m. — An Unfinished Life. Two generations of a damaged family are brought together in this emotional drama. Einar Gilkyson was a once successful rancher whose spread went to seed after he developed a serious drinking problem. Now on the wagon, Einar looks after what's left of his spread with his friend Mitch, a one-time cowhand who never fully recovered after being mauled by a bear. Einar once had a son named Griffin, but he died in a car wreck while Griffin's wife, Jean was driving; Einar never forgave her for the death, and he had never met the granddaughter she was carrying until she arrived at his doorstep 11 years later. Jean has become involved with a violent man named Gary (Damian Lewis), and seeks refuge on Einar's ranch for the safety of her daughter, Griff. Einar reluctantly takes in Jean and Griff, giving them a place to stay as Jean looks for work and tries to put her life back together. But old trouble makes its way back to town in two ways — Gary tracks down Jean and wants to make her pay for leaving him, while the bear who attacked Mitch comes down from the mountains looking for new prey. Stars Robert Redford, Morgan Freeman, and Jennifer Lopez. Rated PG-13. Running Time: 108 minutes.

Thursday, Aug. 31, 7:00 p.m., — Failure to Launch — A overgrown mama's boy who hasn't found the courage to take flight from the nest gets a little help from the girl of his dreams in the one comedy that proves it's never to late to strike out on your own. Tripp may have hit 30, but that doesn't mean that he's ready to give up the many benefits of living at home with mom and dad. Realizing that their only hope for ridding themselves of their reluctant-to-leave offspring rides on the off-chance of his meeting the ideal female companion, mom and dad enlist the help of a beautiful and talented woman in providing the romantic incentive needed to finally get their son out of the family home. Stars Matthew McConaughey, Sarah Jessica Parker and Kathy Bates. Rated PG- 13. Running Time: 96 minutes.

*Experience The Difference.
The Difference is Experience.*

Mehmet Halici
Associate Broker
Top 1% of all realtors in the Nation
Licensed in Maryland • Washington DC • Virginia

21+ YEARS
EXPERIENCE IN
MARYLAND
WASHINGTON DC
VIRGINIA
REAL ESTATE
MARKETS

Weichert Realtors

Mehmet is a resident in the center of Friendship Heights, his care and concern for the real estate value of your neighborhood and his, makes his neighborhood knowledge a tremendous asset to those at Friendship Heights.

Give Mehmet a call if you are considering buying or selling and allow him to get you **TOP \$\$\$** in this **BOOMING** REAL ESTATE MARKET.

MOBILE: 202-431-1931 OFFICE: 301-431-1931
mhalici@mhali.com • www.mhalici.com

FRIENDSHIP GALLERY

Chinese brush paintings on exhibit this month

Friendship Gallery is pleased to welcome back Helene Sze McCarthy and her students for an exhibit of Chinese Brush Painting.

Helene has been teaching and exhibiting at the Village Center since it opened. She grew up in Vietnam, married an American Foreign Service officer after the fall of Saigon, and moved to Washington.

The show runs from Aug. 1 until Aug. 30. All are invited to meet the artists at a reception on **Sunday, Aug. 6, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to

2 p.m. Art work in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive.



Paintings by Helene McCarthy



July 4th art show: patriotism in paint

The 2006 "Three Cheers for the Red, White and Blue" art show at Friendship Gallery exhibited more than thirty area artists and their Fourth of July interpretations. Cash prizes were awarded to the winners chosen by juror Margaret Kranking. First place, and a cash prize of \$150 sponsored by Nancy Mellon Realty, was awarded to Gale Bell for "Ever May It Wave." Second place, and a \$100 savings bond donated by Chevy Chase Bank, was awarded to Debra Halprin for "Freedom Floral." Third place, and a cash prize of \$50 sponsored by the Village of Friendship Heights, was awarded to Elizabeth Stecher for "A.A. Milne's Red White and Blue." Honorable Mention awards and a cash prize of \$25 each, sponsored by the Village of Friendship Heights, were presented to Ann Schaefer for "Glen Echo Stripes" and Sandra Ullman for "July Fourth at the Fair."

DR. MICHAEL L. GITTLESON



Podiatrist



The Barlow Building
5454 Wisconsin Ave., Suite 640
Chevy Chase, MD 20815
(301) 986-4900
Medicine and Surgery of the Foot

LINDA & JAY
ROSENKRANZ

Award Winning Team
Condo Specialists

Linda & Jay live in Friendship Heights,
Specialize in Friendship Heights,
And sell in Friendship Heights.
If you are buying or selling
Call the top team in Friendship Heights.



301 656-6334

RLEST8@aol.com




Friendship Heights
Village Center



Calendar
of Events 2006

A U G U S T						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MVA Bus The “MVA on Wheels” makes its next vist to Friendship Heights on Monday, Aug. 21 from 10 a.m. to 3 p.m. Among the services offered are driver’s license renewal, photo identification cards, vehicle registration renewal, disability tags, copies of driver’s licenses and registrations.		1 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	2 9:15 a.m.: Fit-4-Ever 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 6:45 p.m.: Drawing and Painting 7 p.m.: Concert: Silver Strings 7 p.m. National Night Out	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6:30 p.m.: Scrabble 7:30 p.m.: Phyllis Richman	4 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group	5 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs
	6 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	7 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	8 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	9 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 1 p.m.: Suburban Lecture: Ask the Pharmacist 1 p.m.: Health Insurance Counseling 6:45 p.m.: Drawing and Painting 7:30 p.m.: Concert: Barbara Martin and Mac Walter	10 8:15 a.m.: Walking Club 11 a.m.: Depart for Amish Market 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Movie:Glory Road	12 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 5:30 – 7 p.m.: Barbeque in the Park
	13 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	14 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING	15 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	16 11 a.m.: Strength Training 1 p.m.: Portraiture Painting 6:45 p.m.: Drawing and Painting 7:30 p.m.: Concert: USA Canteen	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Café Muse	19 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 10:30 a.m.: Saturday Storytime
	20 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	21 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training	22 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	23 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture Painting 6:45 p.m.: Drawing and Painting 7:30 p.m.: Concert: Hui O KA Pua ‘Ilima	24 8 a.m.: Depart for Rehoboth 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Movie: An Unfinished Life	26 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m. – 2 p.m.: Value Village
	27 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	28 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi	29 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	30 1 p.m.: Portraiture Painting 7:30 p.m.: Concert: Greg Harrison Jazz Band	31 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. - 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Movie: Failure to Launch	



Shuttle bus hours

Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.


The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Village Council Meetings

Village Council meetings are held the second Monday of each month at 8 p.m. at the Village Center. The next meeting will be **Monday, Aug. 14**. The agenda for the next meeting is sent to the manager of each building in the Village the week before the meeting with a request that it be posted.

20 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	21 10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training	22 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	23 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture Painting 6:45 p.m.: Drawing and Painting 7:30 p.m.: Concert: Hui O KA Pua ‘Ilima	24 8 a.m.: Depart for Rehoboth 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Movie: An Unfinished Life	25 10:30 a.m.: Coffee and Current Events 1 p.m.: Bridge Group	26 8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs 9 a.m. – 2 p.m.: Value Village
27 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	28 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi	29 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 7 p.m.: Mat Pilates	30 1 p.m.: Portraiture Painting 7:30 p.m.: Concert: Greg Harrison Jazz Band	31 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. - 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble 7 p.m.: Movie: Failure to Launch		

Shuttle bus hours



Monday through Friday

6:40 a.m. to 9:40 p.m.

Saturday and Sunday

8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday

9 a.m. to 9 p.m.

Friday

9 a.m. to 5 p.m.

Saturday and Sunday

9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Village Council Meetings

Village Council meetings are held the second Monday of each month at 8 p.m. at the Village Center. The next meeting will be **Monday, Aug. 14**. The agenda for the next meeting is sent to the manager of each building in the Village the week before the meeting with a request that it be posted.



CLASSES and CLUBS

**PREREGISTRATION IS REQUIRED FOR ALL CLASSES.
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.**

NEW CLASSES

CHINESE BRUSH PAINTING

A 10-week class taught by Helene Sze McCarthy begins August 10. Meets Thursdays from 1 to 3 p.m. Cost is \$80. Session ends Oct. 12. A minimum of 6 students is required; the maximum is 10.

CONTINUING SPANISH 1

This 8-week course begins Sept. 13. For students who took Spanish 1 in the spring. Instructor Elena Marra-Lopez has taught teenagers and adults at Sidwell Friends School, Washington International School, Montgomery College, and the USDA Graduate School. The class meets Wednesdays, from 6:30 to 8:30 p.m. The cost is \$170 for residents, \$180 for nonresidents and \$100 for anyone 65 or older. Session ends Nov. 1.

CONTINUING SPANISH 2

This 8-week course begins Sept. 12. For students who took Spanish 2 in the spring. The class meets Tuesdays, from 9:30 to 11:30 a.m. The cost is \$170 for residents, \$180 for nonresidents and \$100 for anyone 65 or older. Session ends Oct. 31.

DRAWING AND PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, begins Sept. 11. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends Nov. 20 (no class on Oct. 9).

MAT PILATES

A 6-week session begins September 5. Meets Tuesdays from 7 to 8 p.m. The cost is \$70 for residents and \$80

for nonresidents. This particular class is not recommended for pregnant women or those with serious spinal conditions without a physician's approval. Instructor Ginger Russell has been certified by the *PhysicalMind Institute*. Please bring a Pilates/Yoga mat and bath towel. Session ends Oct. 24 (no class on Sept. 12 or Oct. 10). Maximum number of students is 15.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by award-winning artist and photographer Marianne Winter, begins September 6. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. The cost is \$65. (Maximum number of students is 8). Session ends October 11.

STILL LIFE PAINTING

A 12-week course with noted artist Joan Samworth emphasizing the elements of art: line, color, texture, shape and value. Class is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Begins Sept. 21. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$165 for residents; \$170 for nonresidents. Last class is Dec. 14.

STRENGTH TRAINING (MONDAY)

Christine Bruchac, from NRH Regional Rehab, leads a strength and conditioning class. This 10-week session begins Sept. 11. Meets Mondays at 11:30 a.m. Cost is \$50. Please register by phone at 301-986-4745.

STRENGTH TRAINING (WEDNESDAY)

See description above. A 10-week session begins Sept. 13. Meets Wednesdays at 11 a.m. Cost is \$50. Please register by phone at 301-986-4745.

TAI CHI (TUESDAY)

This 6-week session begins August 8. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends Sept. 19 (no class on September 12 due to Primary Election).

TAI CHI (THURSDAY)

This 6-week session begins August 3. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$30. Session ends Sept. 7.

YOGA (DAYTIME)

This 8-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 17. Meets Sundays from 9 to 10:20 a.m. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class.



The cost is \$80 for residents and \$95 for non-residents. Class will meet Sept. 17, 24, Oct 1, 22, 29, Nov. 12, 19, and Dec. 3. (Students who must miss a class may make it up in the Monday class with the instructor's permission).

YOGA (EVENING)

This 8-week class in Hatha Yoga for beginning and continuing students is taught by Robin Dinerman and begins Sept. 18. Meets Mondays from 7:30 to 8:50 p.m. See description above. The cost is \$80 for residents and \$95 for non-residents. Class will meet Sept. 18, 25, Oct. 16, 23, 30, Nov. 13, 20, and Dec. 4. (Students who must miss a class may make it up in the Sunday class).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREEN- ING/SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

FHUN

The Friendship Heights Urban Network (FHUN) is a new group dedicated to bringing together young professionals, young parents, and college students. The group is currently organizing events such as monthly Happy Hours, summer barbecues, and special evenings at local restaurants. For more information, check FHUN's website at www.fhun.net. This group is not affiliated with the Friendship Heights Village Council.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and

fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

SCRABBLE

This active group of Scrabble players meets at the Center every Thursday, beginning at 6:30 p.m. All are welcome.

TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Marjorie Yahraes, 240-497-0050 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

"Specializing in Advanced Digital Hearing Aids"

**We proudly offer the latest in
digital technology...**

widex  Inteo
Integrated Hearing Science



*Fitting hearing aids by
Widex and other leading companies.*

Chevy Chase Audiology Associates

Nehama Pluznik, M.A., CCC-A, FAAA • Certified, Licensed Audiologist
Neal Jacobs, HIS • Hearing Instrument Specialist

Professional Service Since 1973

**Diagnostic Hearing Tests ♦ We accept Medicare & Blue Cross
♦ Service - Repair - Batteries for all makes and models ♦ 30-Day Trial Period**

Call Today For A Complimentary Consultation

5530 Wisconsin Ave • Suite 1540
Chevy Chase, MD 20815

301-907-0002

CONCERTS

August concerts are performed in Hubert Humphrey Park on Wednesdays, from 7 to 8 p.m. *Please note this is a time change for August concerts. In the event of inclement weather, concerts will take place in Huntley Hall at the Friendship Heights Village Center.*

Wednesday, Aug. 2 — Silver Strings. This classical quartet, returns to the Village Center for a special Valentine's Day program. "From Bach to Pop," offers variety of music ranging from classical to jazz, and waltzes to love songs. The quartet features Audrey Maxwell, violin; Richard Weilenmann, piano; Edward Kapuciarz, violin; and Linda Kapuciarz, cello.

Wednesday, Aug. 9 — Barbara Martin and Mac Walter. This duo offers a program dedicated to the history of women in blues. The Washington Post has described Barbara Martin's music as "slice of life songs that ring with truth, wit and experience."

Wednesday, Aug. 16 — USA Canteen. USA Canteen calls to mind the Andrews Sisters as this lively vocal trio brings back the music of the 1940s with memorable wartime songs like "Boogie Woogie Bugle Boy," "Don't Sit

Under the Apple Tree," "Bei Mir Bist Du Schoen," "Rum and Coca Cola," and more.

Wednesday, Aug. 23 — Hui O Ka Pua 'Ilima. Carol Leolani Takafuji leads this Hawaiian dance group in an evening of authentic dance and music straight from the Hawaiian Islands, New Zealand and Tahiti. The name means "the group of the Ilima, the official flower of the island of Oahu. In addition to dance and music, the evening will feature a little history of hula on Hawaii.

Wednesday, Aug. 30 — Greg Harrison Jazz Band. This combo features Greg Harrison on clarinet, keyboard and percussion. He plays in the style of his mentor, Pete Fountain. The band has played successfully in a variety of settings and their style ranges from New Orleans jazz to the big bands. Their repertoire includes the well-known tunes from the golden era of popular music.



Buy
one cone,
get one
FREE
with this ad


GIFFORD'S
ICE CREAM & CANDY CO. SINCE 1938

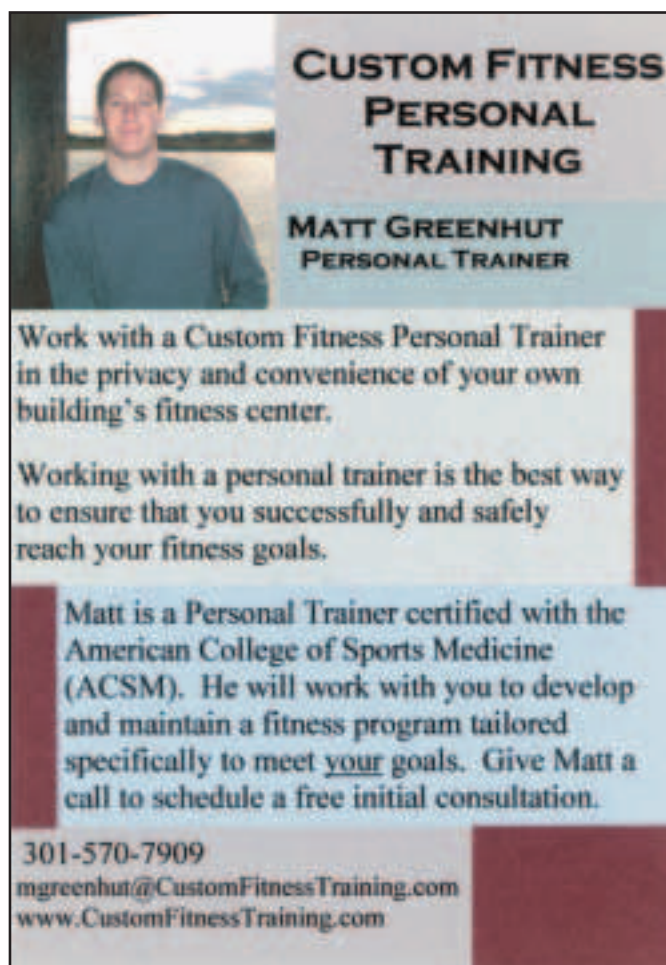
**Now Open
in Friendship Heights**

21 Wisconsin Circle
(in Chevy Chase Center,
next to Clyde's)

301-652-8965
www.giffords.com

Offer valid on single-size only.
One coupon per customer.
Offer good until September 30, 2006.
Valid at Chevy Chase location only.

WASHINGTON'S FAVORITE SINCE 1938



**CUSTOM FITNESS
PERSONAL
TRAINING**

**MATT GREENHUT
PERSONAL TRAINER**

Work with a Custom Fitness Personal Trainer
in the privacy and convenience of your own
building's fitness center.

Working with a personal trainer is the best way
to ensure that you successfully and safely
reach your fitness goals.

Matt is a Personal Trainer certified with the
American College of Sports Medicine
(ACSM). He will work with you to develop
and maintain a fitness program tailored
specifically to meet your goals. Give Matt a
call to schedule a free initial consultation.

301-570-7909
mgreenhut@CustomFitnessTraining.com
www.CustomFitnessTraining.com

TO YOUR HEALTH

Ask the Pharmacist

Meet Kim Tetrault, a Suburban Hospital pharmacist, at this month's Suburban Health Talk on **Wednesday, August 9, at 1 p.m.** She will give general information about prescription medications. She will talk about side effects and when to notify your doctor of symptoms. Additionally she will mention various interactions among drugs, including over-the-counter, herbal and cosmetic, as well as food. Bring your questions.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

Value Village is coming

A Value Village truck will be here on **Saturday, Aug. 26, from 9 a.m. to 2 p.m.** The truck will park on Friendship Boulevard, next to the Village Center. Value Village accepts clothing, shoes, and books to support adults with developmental disabilities through the National Children's Center. They will not accept large furniture or large appliances.

The Musical Theater Center presents



the musical

August 11-13

Fri. - 7:30 p.m.
Sat. - 2:00* p.m.
& 7:30 p.m.
Sun. - 2:00 p.m.

F. Scott Fitzgerald Theatre in Rockville

Tickets - 240-314-8690
or **www.ticketleap.com**

Adults \$16.50 Child/Student/Seniors \$14.50

* "Senior Special" Matinee: Tickets for the Saturday 2:00 p.m. performance are \$7.50 for seniors 60 and over.

One free child's admission with purchase of adult ticket, with this ad.
Limit one free ticket per ad, children 12 & under only.

Celebrate National Night Out

The Village of Friendship Heights will celebrate the 23rd annual National Night Out on **Wednesday, Aug. 2, with visits from local police officers and everyone's favorite crime hound, McGruff.** The event will be concurrent with the Village's Summer Concert performance at 7 p.m.

National Night Out is designed to heighten crime and drug prevention awareness; generate support for, and participation in, local anticrime programs; strengthen neighborhood spirit and police-community partnerships; and send a message to criminals that neighborhoods are organized and fighting back.

Last year's National Night Out involved citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials from 9,500 communities from all 50 states, U.S. territories and military bases worldwide.



Condo Curious?

DO YOU KNOW just how much your condo has **APPRECIATED?**

With over 14 years of real estate experience, I am your **BEST CHOICE** when buying or selling in Friendship Heights

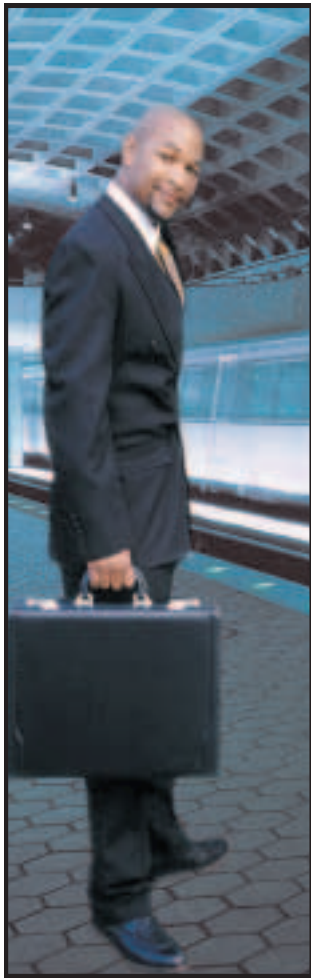
Call me today for a **FREE** home market analysis!
301-652-2777



Steven R. Katchman



There's a Better, Smarter, Faster Way to Work in Montgomery County!



**It's the transit commute
benefit program that
benefits everyone!**

**For as little as \$1 per
month employers can**

- *Offer staff deeply discounted transit fares*
- *Reduce company taxes*
- *Attract & retain the best staff*
- *Cut gas & parking costs*
- *Reward staff who help reduce congestion*
- *Improve our community*

**Employers & Employees—Call Us Now!
Don't let these savings pass you by!
Get On Board with
Super Fare Share today!**

www.montgomerycountymd.gov/commute

Click on **Savings & Benefits**

301-770-POOL(7665)



Cafe Muse presents...

This month's Café Muse, on **Thursday, Aug. 17, at 7 p.m.**, presents poets Shirley Brewer and Norma Chapman.

Shirley Brewer's poems have appeared in various publications. In 2004, she won first prize in the Maryland Writers' Association Poetry Contest. She is an Adjunct Professor of Writing at the University of Baltimore.

Norma Chapman began writing poetry after she turned sixty. In 2003, she was the recipient of a Maryland State Arts Council grant. Her poems have appeared in various publications.

Classical guitar selections performed by Michael Davis are presented each month at 7 p.m. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 25 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.

Friendship Heights Urban Network tubing trip

It's not too late to sign up for a day of tubing with the Friendship Heights Urban Network (FHUN) for on **Saturday, Aug. 26!** We will be renting tubes and riding the rapids of the Shenandoah River near the Historic Harpers Ferry.

Once on the river we will have all day to enjoy the beautiful scenery. You can bring your own food to enjoy near the river ("cooler" tubes are available for an additional \$10). Please be aware that you have to be comfortable on the water and this activity will require moderate physical endurance.

The group will meet and depart from the Friendship Heights Village Center on at 8:30 am and should return by 7:30 p.m. Sign up in person at the Friendship Heights Village Center by Thursday, Aug. 10th. The cost for the trip is \$55, which includes round-trip transportation from Friendship Heights Village Center to Purcellville, VA, tube and vest usage, taxes, and driver gratuity.

This trip is for adults only.

FHUN is dedicated to building the community of young professionals, young parents, and college students in Friendship Heights, MD, and DC.

The group is not affiliated with the Friendship Heights Village Council.



How to choose a senior community. Start with choices.

At Brighton Gardens at Friendship Heights, we celebrate all of our residents for the unique individuals they are. We believe no two people are alike, so the care and services we provide should never be exactly the same.

This approach helps seniors live the lives they want to live, from beautifully appointed living

spaces to personalized assistance and care. We call it resident-centered senior living, and it begins the day a senior arrives at Brighton Gardens.

Visit or call Brighton Gardens at Friendship Heights, and discover how we're different. In Chevy Chase, we offer Assisted Living and Alzheimer's Care.

**Limited time offer on select studios through August 31, 2006.
Receive one month free.***

* Limited time offer based on availability. Offer applies to select suites only and is subject to change without notice. Other restrictions may apply.


**BRIGHTON
GARDENS**
ASSISTED LIVING
A SUNRISE SENIOR LIVING
COMMUNITY



Brighton Gardens at Friendship Heights 301-656-1900 Assisted Living, Alzheimer's Care

5555 Friendship Boulevard, Chevy Chase, MD 20815

For more information and a FREE online newsletter, visit www.sunriseseniorliving.com

Village Council Corner

Leonard Grant appointed to fill Village Council vacancy

A warm welcome to our newest Council member, **Len Grant**, from 4620 North Park Ave. At the July 10 meeting, Mr. Grant was nominated by the Village



Council to fill the seat vacated by the death of Frank Valeo. The Montgomery County Council then confirmed his nomination. He will complete the term that expires in May 2007.

Mr. Grant has a long history of service to the Village. He represents the Council on the Friendship Heights Transportation Management District Advisory Committee, serves on the Community Advisory Committee, and was a volunteer at the Police Field Office. Len has also served as Condominium Board President at 4620 North Park.



Humphrey Park Landscaping Renovation Completed

American Plant Food has completed installation of new plantings in Humphrey Park. Additional annual flowers are being planted throughout the park to provide extra color.

Council actions at the July 10 public session:

- Nominated Leonard Grant to fill vacant Village Council seat;
- Approved tree removal requests from The Willoughby and 4615 North Park.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

August 2006 events calendar